



A Guide to the Holidays

BY

Hey Guys!

The holidays are upon us, and what does that mean? Food, food, and more food, with a little bit of shopping in there too. Dieting during the holidays can be tough, but it doesn't need to be impossible. Here are a few food tips to help you survive all of the food temptation while sticking with the NuBody Program:

Plan Ahead. You likely know when the holidays are and you likely know when your holiday parties are scheduled. If you know that you are going to be on the NuBody system during Thanksgiving, ask the host to prepare a little something for you that is NuBody friendly. You may not be able to partake in the full feast, but at least you will have something to eat, and you know you won't be jeopardizing your diet. If you don't want to ask the host to prepare a meal for you, prepare one at home that you can take with you. If you are preparing the holiday meal, make yourself something so you can indulge as well.

Don't lose sight of your goals. Stay focused on your goal. If you stray from the NuBody diet during a holiday party, your weight loss can slow or stall completely for 3-6 days. The only way to fix this stall is to stick with the diet 100% and drink plenty of water. But even then your body will take a few days to recover and start losing again.

Get support from your friends and family. If they know that you are dieting, they'll be less likely to keep asking you if you want a certain food. Let them know that you have finally decided to take control of your health and weight, and that you need their support during the holidays to be successful.

Distract yourself. If the going gets rough, and you want nothing more than some pumpkin pie, find something to distract yourself. You could help clean up the kitchen, play with any children that may be at your party, or even get some board games out that the whole family can play. This will take your mind off the food you're craving, and it can be fun at the same time.

If you want to make something that has a the hint of the Holidays, try these recipes. Cooking with cinnamon reminds us of fall and winter, and these recipes can help you feel festive, even if you have to avoid some of the foods that you love.



Toppings, Dressings & Sides

Strawberry Relish

Ingredients:

About 10 Fresh strawberries (finely chopped)

1 stalk of celery finely minced (optional)

Pinch of ginger fresh or powdered

2 teaspoons lemon juice

1 teaspoon apple cider vinegar

1 teaspoon minced red onion

Pinch of lemon zest

Pinch of cayenne pepper

Directions:

Mince all ingredients and add spices, lemon juice, and vinegar. Let sit for 30 minutes or more. Chill and serve!

Apple Chutney

Ingredients:

1 apple finely chopped

1 tablespoon minced red onion

Pinch of ginger

2 tablespoons apple cider vinegar

Stevia to taste

Pinch of allspice

Pinch of cayenne pepper

Pinch of Lemon zest

Pinch of salt

Directions:

Combine ingredients in a small saucepan and simmer on low heat for 30 minutes. Strain off excess liquid and chill.

Chicken Gravy

Ingredients:

1 cup Simple Girl Bouillon Base

1 tablespoon minced onion

1 clove of garlic crushed and minced

1 teaspoon garlic powder

1/2 teaspoon poultry seasoning

Salt and pepper to taste

Directions:

In a small frying pan combine bouillon base, onion, garlic and spices. Bring to a boil and reduce down until slightly thickened deglazing with a little water periodically. Gravy will be thin but flavorful.

Sage Cabbage Stuffing

Ingredients:

1/2 head of finely chopped cabbage

1 cup Simple Girl Bouillon Base

1 serving Melba toast crumbs

2 cloves of garlic crushed and minced

1/4 teaspoon sage

Pinch of thyme

1/2 teaspoon garlic powder

Salt and pepper to taste

Directions:

Finely mince the cabbage into a rice sized consistency. Simmer the cabbage in the broth with spices. Strain off extra liquid and mix in Melba toast crumbs and serve.

Chicken Apple Stuffing

Ingredients:

6.5 ounces lean ground chicken breast

4 ounces apple minced

1/2 cup Simple Girl Bouillon Base

1 serving Melba toast crumbs

1 tablespoon minced onion

1 clove of garlic chopped and minced

Pinch of cayenne

Pinch of cinnamon

Salt and pepper to taste

Directions:

Mix ground chicken and spices thoroughly. Fry chicken sausage mixture with minced apple. Stir in Melba toast crumbs. Garnish with parsley and lemon and serve.

Baked Asparagus

Ingredients:

12 ounces Asparagus

1/2 cup Simple Girl Bouillon Base

1 serving Melba toast crumbs (optional)

3 tablespoons chopped onion

2 cloves of garlic crushed and minced

2 tablespoons basil rolled and sliced

Pinch of dried oregano, marjoram & cayenne

Salt and black pepper to taste

Directions :

Add spices, onion, salt and pepper to broth. Layer the asparagus in a small baking dish and top with spices and Melba toast crumbs. Bake asparagus at 375 for 20 minutes or until cooked thoroughly and Melba toast is lightly browned.

Southern Chard

Ingredients:

10 ounces Chard
1 cup Simple Girl Bouillon Base
2 tablespoons minced onion
2 cloves of garlic crushed and minced
1/2 teaspoon red pepper flakes
Liquid smoke flavoring to taste
Salt and pepper to taste

Directions:

Cook chard for 30 minutes in broth with spices or slow cook in a crock-pot for up to 2 hours. Adjust the liquid as needed to prevent burning.

Spiced Tomato Salad

Ingredients:

2 cups firm tomatoes
1 tablespoon apple cider vinegar
2 tablespoons fresh basil rolled and sliced
1 teaspoon fresh chopped oregano
Pinch of stevia
Salt and pepper to taste

Directions:

Toss tomatoes with spices and apple cider vinegar. Chill for 20 minutes and serve.

The Birds

Roasted Turkey

Ingredients:

1 turkey
10 cups Simple Girl Bouillon Base
1 cup salt
1/4 cup whole peppercorns
3 cloves garlic sliced
1 onion quartered
1 apple quartered
2 cinnamon sticks
1 orange quartered with rind
3 sprigs fresh sage & 1 bay leaf

Directions: Prepare the bird by removing the giblets and neck. Brine the turkey in broth, salt and peppercorns for 4 hours with ice, add more water or broth as needed to completely cover the turkey. Preheat the oven to 400 degrees. Place the turkey in a roasting pan. Cut the apple, orange, and onion into quarters and insert into the cavity of the bird along with the cinnamon sticks and fresh sage. Bake at 400 degrees uncovered for 30 minutes then reduce heat to 325 degrees and cook for approximately 3 1/2 hours or until the temperature of the deepest part of the breast is 180 degrees. Cover the wings with aluminum foil to prevent burning. Baste with juices occasionally. After cooking remove the apple, orange and cinnamon sticks, bay leaf, and sage before serving.

Baked Chicken

Ingredients:

5 ounces chicken breast
1 serving Melba toast crumbs
1 cup Simple Girl Bouillon Base
2 tablespoons chopped onion
Pinch of sage, marjoram & thyme
Salt and pepper to taste

Directions: Mix Melba toast crumbs with dried spices and set aside. Dip chicken breasts into broth and coat with spiced Melba toast crumbs. Put in a baking dish and add chopped onion and the rest of the broth to the bottom of the pan. Bake chicken at 375 for 20 minutes or until chicken is cooked thoroughly.

Baked Rosemary Chicken

Ingredients:

5 ounces thick sliced or whole chicken breast

1 serving Melba toast crumbs

1/4 cup Simple Girl Bouillon Base or water

3 tablespoons lemon juice

1/2 teaspoon fresh rosemary

1/4 teaspoon onion powder

1/4 teaspoon garlic powder

Salt & pepper to Taste

Pinch of lemon zest

Directions:

Marinate chicken in lemon juice, salt and rosemary. Mix spices and Melba toast crumbs together in shallow bowl or plate. Coat the chicken pieces with spice mixture and place in baking dish. Add broth and top chicken with additional spice mixture. Bake chicken at 350 for approximately 20 minutes or until cooked. Sprinkle chicken with lemon juice, salt, and pepper to taste. Garnish with fresh chopped parsley and lemon slices.

Sweets

*Chocolate Meringue Cookies***

Ingredients:

4 egg whites

Liquid Stevia drops (Add some flavor with any of the flavored stevia drops: peppermint, vanilla, toffee, caramel, etc.)

5 tablespoons cocoa

Directions:

Whip egg whites until firm. Fold in stevia and cocoa. Drop spoonfuls onto a nonstick pan or aluminum foil. Bake in a cool oven 225 degrees for 1 hour until Meringues are dry.

Glazed Strawberries

Ingredients:

10 whole strawberries

1 tablespoon lemon juice

1 teaspoon apple cider vinegar

1 teaspoon vanilla powder

Stevia to taste

Directions:

Whip egg whites until firm. Fold in stevia and cocoa. Drop spoonfuls onto a nonstick pan or aluminum foil. Bake in a cool oven 225 degrees for 1 hour until Meringues are dry.

Baked Apples

Ingredients:

1 apple

1 serving Melba toast crumbs

Sprinkle of lemon juice

1/4 teaspoon cinnamon

Pinch of nutmeg

Powdered stevia

Pinch of vanilla powder

Directions:

Core the apple and cut in half. Mix Melba toast crumbs with cinnamon, nutmeg, vanilla powder, and stevia. Top apple halves with Melba mixture and bake for 15-20 minutes at 375 degrees until apples are soft and Melba toast topping is lightly brown.

Our Thanks...

The Holidays seem to be a time where we can reflect on the past year and life overall. We wanted to express our deepest gratitude to each and every one of you who support us and are giving us your time and hard work so that we can all make our community a healthier one.

To extend our thanks to you, we are offering everyone who mentions this little note 1 FREE week on the NuBody system. Just let us know you heard our "thank you" and we will apply the free week.* *

We hope you enjoy this holiday season with your family, friends and loved ones. This year has been a big one for us and we are happy to have you as a part of our journey that we're just getting started on.

- The NuBody Team